



Sleep and Rest Policy

Kincraig Primary School and Nursery



Sleep and Rest Policy

Rest Time

All the rooms in the nursery have an area with soft furnishings that is quiet and restful, so children who wish to may play quietly.

Each child under two will be provided with a cot/sleep mat with individual bedding for when they need to sleep. Children aged 2-3 will also be provided with sleep mats and individual bedding if they need to sleep. Discussions will be held with parents in regards to arrangements around sleeping patterns for children aged 2+.

Sleep Time

- Children will be allowed to sleep with comforters but staff will need to remain alert as to how these are used.
- If a child has to be woken this should be done gently and the child will need to be allowed to come around in their own time.
- Children will be supervised while they are sleeping and will be checked every ten minutes, this check is then recorded. Staff supervising sleep times should find quiet activities to do in the area, updating profiles and observation notes.
- The length of time a child has slept for should be recorded on the sleep sheet and this information should be available for parents at the end of the day.
- Infants in cots should be placed to sleep, lying on their back in the 'feet to foot' position. This ensures that the baby will not wriggle under the covers and will be able to regulate their body temperature.
- Room temperature should ideally be between 18-21oC. Shoes should be taken off and blankets added appropriate to the room temperature.
- Duvets and pillows should not be used with the under threes.
- Each child should have an individual sleep mat/cot – no child should share.
- Sheets and blankets should be washed after each use.
- The cots in the Baby Room are available for babies to use as and when they require.
- Babies/toddlers are never put down to sleep with a bottle to self-feed.
- Dropped dummies must not be replaced into a child's mouth and should be sterilised before being re-used.
- Children should be allowed by staff to bring in favourite toys and comforts from home, but the nursery cannot accept any responsibility for damage or loss of the personal belongings of the children in our care.

Staff should encourage separation from these items which is at the child's pace to allow him/her to feel secure. Staff will be aware that children vary in their need to sleep and rest and should always be allowed to sleep when they need to. No child will be forced to sleep/rest.

Policy last updated 01/09/2023

The EYFS Sleep/Rest Time Policy will be reviewed and modified on a regular basis at least every two years or when legislation makes this necessary.

It is possible to add amendments to this document prior to a review and these will be incorporated into the next issue. To add comments please complete the information on this sheet adding the date and signing where indicated.

Name of person responsible for policy – Miss Lucy Cross

Policy adopted by the Governing Body –

Signed: _____

| Date | Proposed Amendment | Signed |
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